



## Food & Nutrition: Food and Health Systems in Australia and New Zealand

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Mark Wahlqvist's *Food and Nutrition* is widely regarded as the most authoritative introduction to nutrition and dietetics in the region. It provides a comprehensive overview of nutrition needs at different life stages, the biochemistry of foods, dietary disorders, and the social, political, and environmental contexts of food production and consumption. This third edition has been completely revised and significantly expanded to encompass recent developments in nutritional science, technology, and policy. It includes new material on genetics, regulation, food production, the importance of birth weight, lifestyle, and cancer, and the implications of climate change for food production, safety, and availability. Chapters are extensively illustrated with data and diagrams. With chapters from leading nutritionists, *Food & Nutrition* is an indispensable student text and a valuable professional reference.

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#### **About the Author**

**Mark Wahlqvistis** is a member of the World Health Organization Nutrition Advisory Committee and president of the International Union of Nutritional Sciences.

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